I know that having a mobile phone to use is a privilege. I respect that my parents love me and want to keep me safe. My parents respect that I am becoming a young adult and want the privilege of having the use of a cell phone. With that in mind, we agree to the following:

1. I understand that my parents expect full transparency regarding the content on my phone. They can access my phone at any time, and I must share my passwords with them and notify them if it is ever changed. I will never message or talk to someone and then delete or hide it from my parents.
2. Before I join any social media networks, and downloading any app, I will get my parents’ permission.
3. I will abide by the data restrictions set by my parents.
4. I will respect “device free time” which includes during meal times, when someone is talking to me, and when I am doing homework. I will ensure I will not use my phone while crossing the road or in any other unsafe way. If I am asked to stop using my phone, I will happily do so.
5. I will remember what usage is allowed with my mobile plan, and I will not go over the limits of that usage. My parents will pay for the monthly subscription and I will pay for any charges over the limit of my plan.
6. My phone must be turned off by 9 p.m. each school night and 10 p.m. on other nights. It must be left to recharge in my parents’ room.
7. I will not use my phone to take pictures/videos of nudity, violence or any inappropriate or unlawful activity.
8. I will not use my phone to call or text anyone for malicious or inappropriate purposes (teasing, crank calling, sexting, etc.) I will remember that what I text becomes permanent and that I should never text something I wouldn’t feel comfortable saying directly to a person’s face.
9. I will never share personal information such as my passwords, name, address, phone number, school etc.
10. I will always have my phone turned on when I’m out with friends and I will pick up the phone if one of my parents calls me and I will always answer texts from my parents, no matter what I am doing or where I am.
11. I will tell my parents immediately if I receive suspicious or alarming phone calls or text messages.
12. I am responsible for knowing where my phone is, and for keeping it in good condition.
13. I will abide by all of these rules and understand that if they are not followed or if I attempt to circumvent them, there will be consequences including the loss of my phone privilege.
14. I agree that if I am unable to keep up with my household and/or financial responsibilities, or if I demonstrate untrustworthy behaviour, the use of my phone can be taken away from me.

Signed (Child): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signed (Parent): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Parent) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date to be reviewed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_